H1N1 spike at Cal Poly weeks before vaccine released

According to Dr. Martin Bragg, the director of Health and Counseling Services in the Cal Poly Health Center, the vaccine will not be provided to the campus entirely through the county and both will be applying similar restrictions to who will be able to receive the vaccine.

"We expect there will not be enough for everyone," he said.

"There is vaccine enough for students at high risk for flu," The Center for Disease Prevention and Control recommended that the vaccines should be administered in order of the most need due to the initial limited quantities. There are free priority populations who are believed to be at higher risk of contracting H1N1.

The Health Center is asking students who have the symptoms of H1N1 but do not have any other preconditions to stay home and not go to a health care provider unless additional complications arise.

Photos professor Brian Granger said the department is "strongly encouraging us to line drop students due to the budget crunch." However, with the increase in cases on campus and the registrar's request to see H1N1, page 2.

The groups recommended to receive the 2009 H1N1 influenza vaccine include:

- Pregnant women because they are at higher risk of complications and can potentially provide protection to infants who cannot be vaccinated
- Household contacts and caregivers for children younger than six months of age who are younger infants are at higher risk of infection-related complications and cannot be vaccinated. "Prostration of those in close contact with infants younger than six months old might help protect infants by reducing their exposure to the virus"
- Healthcare and emergency medical services personnel who are in direct contact with patients. Also, increased absenteeism in this population could reduce healthcare system capacity
- Children from six months through 18 years of age because prices of 2009 H1N1 willidions have been seen in children who are in close contact with infected individuals who will reduce the likelihood of disease spread
- Young adults 19 through 24 years of age because recent data shows 2009 H1N1 influenza has been seen in these healthy young adults and they often work and study in close proximity
- Persons aged 25 through 54 years who have health conditions associated with higher risk of medical complications from influenza

Alaska town plagued by alcohol crime considers going “wet”

Kyle Hopkins

BETHEL, Alaska — Nearly every crime here in Alaska’s largest rural hub is soaked in liquor.

"Pretty close to 99 percent is alcohol-related," said Jerry Her- ery crime here in Alaska’s largest rural hub is soaked in liquor.

There are no bars. You can’t even order a beer with your burger at a local restaurant.

The city of 5,700 people is the biggest of Alaska’s so-called “damp” communities, meaning it’s illegal to sell booze but it can be ordered by plane from Anchorage. The restrictions are meant to act as a kind of funnel, slowing the flow of alcohol into surrounding “dry” Yup’ik villages that use Bethel as a fountainhead for bootlegged liquor.

Next month, a potential major change will be on the ballot here.

That’s because key supporters of the vote say they don’t really want liquor stores and bars in Bethel. Their real aim, they say, is to free the city from ever-tightening state restrictions.

Last year, for example, the state liquor control board launched a database that tracks how much individuals in damp communities buy from liquor stores across the state to make sure they don’t break monthly limits. Last winter, a bill pushed by then-Gov. Sarah Palin sought to cut the import limits in half.

That’s around the time a small group of Bethel old-timers returned.

"We want the citizens of Bethel to be able to choose what they want or don’t want on these alcohol issues. We don’t want the state to continue to force us with these rules," said Tim Hawkins, 60. He moved to town in 1978, the year after Bethel banned liquor sales. He’s one of 11 sponsors who collected hundreds of signatures to put the question on the city ballot.

The plan to lower alcohol limits for damp communities failed in the Legislature, but the petitioners pressed on anyway. They argue see Alcohol, page 2.

WHAT TO DO IF YOUR ROOMMATE IS SICK:

- Help to isolate them by bringing them food so they don’t love to use community areas
- Remove or close any areas of the home that are easy to access
- Remove and discard and other roommates from situations where close proximity to the sick roommate (sleep in a different room, not shower with them)
- Wash your hands thoroughly and frequently

--End.
HIIN1 continued from page 1

the Physics Department asked their students to not drop students who e-mail prior to class about illness. "As far as I am concerned, if a student is sick for two to three weeks I will work with them," Garret said. "It is really no different than any other sickness; the students are just more strongly encouraged to stay home." The virus is spread mainly through droplets. These droplets come from a sneeze or cough and are left on surfaces. A desk is a very likely place to be contracted from the droplets according to Bragg, it is more likely to be spread cheap liquor across South-Alaska.

"It is really no different than a fellow student," Cranger said. "It is really no different than a fellow student." According to the San Luis Obispo County Health Agency, there have been 1000 hospitalized cases of H1N1 and one death in the county.

The Health Center has not tracked the total number of cases.

Alcohol continued from page 1

that the bureaucracy of getting a liquor license will allow residents to thwart any attempts at opening a bar or liquor store.

"It's a confusing case to make to voters. It's also a gamble." If the vote passes, Bethel would be eligible for two bars and two liquor stores based on its population, according to the state Alcoholic Beverage Control Board that awards the licenses.

Opponents of the change argued that removing the ban would supply cheap liquor across South-Alaska.

The Lower Kuskokwim district school board, which represents students in Bethel and 22 villages in the Yukon Kuskokwim Delta, on Aug. 28 urged voters to defeat the proposition. It could lead to more underage drinking and bootlegging in Delta villages, the board said in a resolution.

Mary Atchak, 62, grew up the river town of Napaskiak. Before he was assigned as a police officer, worked the graveyard shift, patrolling quiet roads that circle the city in a wide loop. Kids in the village uniform of hoodies and jeans walked in clusters, glancing at the police SUV.

A 911 call crackled over the dispatch. A man phoned to say a woman had slammed and kicked him, and that he'd fight back if police didn't show up soon. Herrod pulled into the asphalt driveway, taking notes as a woman told her side of the story, wind blowing her ponytail outside a two-story apartment.

Later, as he talked about alcohol addiction and the resulting problems he sees, Herrod described a bizarre trend. Some people desperate for liquor, he said, will spray air freshener into a loaf of bread and drink what drains through. Hawkins, the petitioner, mentioned the same thing.

see Alcohol, page 3

the top five priority popradio stations that award the licenses.

According to Bragg, it is more likely to be spread cheap liquor across South-Alaska.

"It is really no different than a fellow student," Cranger said. "It is really no different than a fellow student." According to the San Luis Obispo County Health Agency, there have been 1000 hospitalized cases of H1N1 and one death in the county.

The Health Center has not tracked the total number of cases.

Alcohol continued from page 1

that the bureaucracy of getting a liquor license will allow residents to thwart any attempts at opening a bar or liquor store.

"It's a confusing case to make to voters. It's also a gamble." If the vote passes, Bethel would be eligible for two bars and two liquor stores based on its population, according to the state Alcoholic Beverage Control Board that awards the licenses.

Opponents of the change argued that removing the ban would supply cheap liquor across South-Alaska.

The Lower Kuskokwim district school board, which represents students in Bethel and 22 villages in the Yukon Kuskokwim Delta, on Aug. 28 urged voters to defeat the proposition. It could lead to more underage drinking and bootlegging in Delta villages, the board said in a resolution.

Mary Atchak, 62, grew up the river town of Napaskiak. Before he was assigned as a police officer, worked the graveyard shift, patrolling quiet roads that circle the city in a wide loop. Kids in the village uniform of hoodies and jeans walked in clusters, glancing at the police SUV.

A 911 call crackled over the dispatch. A man phoned to say a woman had slammed and kicked him, and that he'd fight back if police didn't show up soon. Herrod pulled into the asphalt driveway, taking notes as a woman told her side of the story, wind blowing her ponytail outside a two-story apartment.

Later, as he talked about alcohol addiction and the resulting problems he sees, Herrod described a bizarre trend. Some people desperate for liquor, he said, will spray air freshener into a loaf of bread and drink what drains through. Hawkins, the petitioner, mentioned the same thing.

see Alcohol, page 3
You've been poked by
The Mustang Daily
Poke them back at
www.mustangdaily.net

Hey, we've got a real news feed too.

Word on the Street
“What do you think about hummus?”
Compiled and photographed by Jennifer Titcomb

“I think it tastes funny and has a weird texture.”
-Ross Regen, business administration junior

“I like it; I go garbanzo over it!”
-Ryan Lee, business administration senior

“I like hummus in the morning, hummus in the evening, Jaffa rocks.”
-Ryan Lee, business administration senior

“It’s OK, but only from Petra.”
-Garrett Nelson, graphic communications senior

Support Your Farm!!!
Fresh Organic Local
Fruit and Vegetable Subscription Program
Student Prices
Fresh Weekly Box only $19!
Student Agriculture Course — Work for Food
Fresh Fruit & Veggie Boxes
www.calpolyorgfarm.com
805-756-6139

Thursday, September 24, 2009
Mustang Daily
www.mustangdaily.net

State
VENTURA, CA (MC-CLATCHY TRIBUNE) — A fire that broke out Tuesday near Fillmore and moved into the north end of Moorpark overnight and into the Solimar area today has grown to more than 16,000 acres but is now 40 percent contained.

“It’s a very dangerous fire,” Robert Lewis, incident commander for CalFire, said in a briefing this morning. “We need to make sure citizens are paying attention to what’s going on and adhere to evacuation orders.”

Bill Nash, spokesperson for the Ventura County Fire Department, said more than 1,000 homes in the county are threatened by the fire.

Gov. Arnold Schwarzenegger declared a state of emergency for Ventura County just before 9 p.m. Tuesday.

Firefighters said they were getting a bit of a break today with winds blowing fairly moderately at 12-22 mph. They continued to face difficult conditions today with triple-digit temperatures and low humidity.

Full containment was expected Saturday if the weather cooperates, said Nash.

“We have an aggressive firefighting attack on ground and in the air,” Nash said. “We’re doing everything we can to get the fire stopped.”

WASHINGTON (MC-CLATCHY TRIBUNE) — Sen. Edward M. Kennedy, D-Mass., is gone, but one of his dying wishes is coming true.

The governor of Massachusetts has been given power to appoint a temporary replacement for the late longtime Democratic “lion” of the Senate, who Kennedy wished. The Massachusetts legislature approved a bill Wednesday allowing the governor to name the replacement.

Because the governor is a Democrat, the new senator is all but certain to be a Democrat.

That would restore a 60th Democrat to the Senate at a critical time in President Obama’s pursuit of a health care overhaul.

CHICAGO (MCCLATCHY TRIBUNE) — Cook County, Ill., sheriff’s police raided a dog-fighting operation run out of a Maywood day care home, arresting three people and seizing nine dogs that required surgery, authorities said.

Sheriff Tom Dart said his officers found a dog with its eyes ripped out, a dog with a leg ripped off, and a dog with its lower extremities nearly ripped off in its body in their raid Tuesday.

Breifs
National

State

International

TEGUCCIGALPA, HONDURAS (MCCLATCHY TRIBUNE) — It’s been 89 days since Manuel Zelaya was booted from power.

He’s sleeping on chairs, and he claims his throat is sore from toxic gases and “Israeli mercenaries” are torturing him with high-frequency radiation.

“We are being threatened with death,” he said in an interview with The Miami Herald, adding mercenaries were likely to storm the embassy where he has been holed up since Monday and assassinate him.

“I prefer to march on my feet than to live on my knees before a military dictatorship,” Zelaya said in a series of back-to-back interviews.

Zelaya was deposed at gunpoint on June 28 and slipped back into his country on Monday, just two days before he was scheduled to speak before the United Nations. He sought refuge at the Brazilian Embassy, where Zelaya said he is being subjected to toxic gases and radiation that alter his physical and mental state.

Honduran police spokesman Ortin Cerrato said he knew nothing of any radiation devices being used against the former president.

THINK B4 U DRINK
or your career could fade away

• Alcohol violations may result in severe academic sanctions or a permanent criminal record.
• Police are stepping up patrols on campus and in neighborhoods adjacent to campus, including DUI checkpoints.
• A social host ordinance is in place in the City of San Luis Obispo that includes severe sanctions.

IF ANYONE UNDER 21 IS DRINKING AT YOUR PARTY, YOU WILL BE HELD CRIMINALLY LIABLE. CONVICTIONS GO ON YOUR CRIMINAL RECORD.

To comply with the law:
• Keep your social gatherings small.
• Do not let people off the street come into your party.
• Control who attends your party & check IDs if necessary.
• Respect the noise ordinance.
• If things get out of control, call the Police.
• If your friend is in trouble, lend a hand. Call 911 to get them help.
• Remember, the emergency room is a safe zone. You won’t be reported.

MAKE SMART CHOICES
Bill Watton, Chief
Cal Poly University Police

Cal Poly
U.S. alone can’t solve world’s problems, Obama tells U.N.

Warren P. Strobel  
Washington, Sept. 21.

President Barack Obama bluntly pledged world leaders Wednesday to join the U.S. in solving pressing global problems, challenging them to move beyond "an almost reflexive anti-Americanism which too often has served as an excuse for collective inaction.

Obama, risking his inaugural address to the U.N. General Assembly, told fellow leaders in so many words that he has changed the tone and substance of U.S. security policies he inherited from President George W. Bush, and it is time for them to reciprocate.

"Make no mistake: This cannot be solely America’s endeavor. Those who used to champion America for acting alone in the world cannot now stand by and wait for America to solve the world’s problems alone," Obama said.

Iran and North Korea, he said, "must be held accountable" if they continue nuclear programs outside international inspection. Israel, and it remains unclear at best whether powers such as China and Russia will join in imposing harsher sanctions on Iran if negotiations that began Oct. 1 fail.

Obama met later Wednesday with Russian President Dmitry Medvedev, in a session that senior U.S. officials said focused almost entirely on strategy toward Iran.

Afterward, Medvedev appeared to soften Russia’s long-standing opposition to new sanctions on Iran if it fails to halt enrichment of uranium that could be used for nuclear weapons. "Sanctions rarely lead to productive results but in some cases are inevitable," the Russian leader said.

Obama’s top aide on Russia, Michael McFaul, said that Washington and Moscow now agree on a joint strategy toward Iran. But it remains to be seen whether Russia will actually endorse tougher measures if the time comes.

In his U.N. speech, Obama received a familiar refrain for U.S. presidents who make the annual pilgrimage to its East Bay headquarters: The world body should live up to its promise, he said.

"The United Nations can either be a place where we broker about outdated grievances or forge common ground, a place where we indulge tyranny or a source of moral authority," he said.

It took only minutes for Obama’s hopes to be dashed.

Libyan leader Moammar Gadhafi, in the audience for Obama’s speech, along with Iranian President Mahmoud Ahmadinejad, took the podium next and delivered a rambling, 96-minute tirade. In a speech harkening back to the ideological battles of the 1960s and 70s, he denounced the U.N. Security Council, which holds most of the world body’s real power, and trashed U.S. policies from the 1983 Grenada invasion to the current war in Afghanistan.

"The United Nations can either be a place where we broker about outdated grievances or forge common ground, a place where we indulge tyranny or a source of moral authority," he said.

It took only minutes for Obama’s hopes to be dashed.


"LOWEST PRICES!"
THAT’S WHAT OUR COMPETITOR CLAIMS BALONEY!

5 top selling textbooks for Fall Quarter 2009.

<table>
<thead>
<tr>
<th>Author</th>
<th>Title</th>
<th>USED Price</th>
<th>USED Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beer</td>
<td>Mechanics of Materials</td>
<td>$82.50</td>
<td>$132.75</td>
</tr>
<tr>
<td>Wade</td>
<td>Invitation to Psychology</td>
<td>$56.25</td>
<td>$62.25</td>
</tr>
<tr>
<td>Phelan</td>
<td>What is Life?</td>
<td>$67.00</td>
<td>$63.75</td>
</tr>
<tr>
<td>Ruszkiewcz</td>
<td>Beyond Words</td>
<td>$43.50</td>
<td>$41.25</td>
</tr>
<tr>
<td>Young</td>
<td>University Physics</td>
<td>$126.75</td>
<td>$131.75</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>$376.00</strong></td>
<td><strong>$431.75</strong></td>
</tr>
</tbody>
</table>

Prices were obtained on Wednesday, September 17th.

Where will you buy your Textbooks?
Alcohol
continued from page 2

he said, just that people do it. That's why an freshmen is kept behind the counter at the grocery store.

Still, Herrod doesn't want Bethel to come off like a town of drunks, he said.

"It's a small percentage of the people that we deal with. Most the people in this town, in the villages around here, are really good people." Bethel hasn't had a murder in years. Unlike Anchorage, no one has been finding homeless dead between city streets this summer.

Bethel leaders declared an alcohol crisis in 2007 and the Yukon-Kuskokwim Health Corp., a regional nonprofit, hired an Anchorage consultant to study the problem.

At least 4,400 people were taken to the hospital emergency room for alcohol-related emergencies between 1997 and 2007, found consultant Mary Elizabeth Ikider.

A July report summarizing efforts to combat the problem said Bethel "has the highest per capita rate of inebriates who end up in protective custody jail holds ... dwarfing the problems experienced in all of Alaska's other communities including Anchorage and Fairbanks."

Patients come to the emergency room drunk as young as 14, 15 years old, said Hamblin, the supervisor."Occasionally you get the rare 12-year-old."

Bethel voters allowed a city-owned liquor store to open here in the 1960s but banned local alcohol sales in 1977. Booze questions have made the ballot every few years ever since, with voters rejecting attempts to loosen or tighten local rules.

This time, the question simply asks if the city should opt out of the "local option" that restricts liquor sales. That would remove the shipping limits, meaning people could fly as much alcohol as they want into the city.

Michael Nick stood shin deep in the Kuskokwim River on a recent weeknight, after a fruitless day of searching the Bering Sea coast for seal with his wife and daughters.

The girls swatted biting gnats as their parents prepared to unload the skiff.

The latest state restrictions make life harder on bootleggers, Nick said. He likes that. After moving to Bethel from the dry village of Russian Mission, he thinks changing Bethel's liquor rules could lead to more sexual abuse, drownings and accidents.

At the Alaska Commercial Co. grocery store, an army of taxicabs waited in the parking lot, where $7 will get you a ride anywhere in town.

Clerk Dino McCarr took a smoke break, grinding a cigarette under his Reeboks. He's worried about bootlegging too.

"People would have more money left over for clothes and food," McCarr said.

At the Alaska Commercial Co. grocery store, an army of taxicabs waited in the parking lot, where $7 will get you a ride anywhere in town. Clerk Dino McCarr took a smoke break, grinding a cigarette under his Reeboks. He's worried about bootlegging too.

In some ways, Bethel would be better off wet, McCarr said. He knows free to 10 people who work as bootleggers full time. "They have a job, but they make a lot of money doing that."

Opening the city to local liquor sales could put them out of business.

"People would have more money left over for clothes and food," McCarr said.
Steel mogul Carnegie's vision kept alive in SLO

Susie Kopecky  
MUSTANG DAILY

The spirit of renowned steel magnate Andrew Carnegie lives on in San Luis Obispo. Carnegie, who became a champion of literacy toward the end of his career, leaves a legacy of reading and learning years after his death.

A little slice of historic heaven stands tall (but not too tall) downtown at 409 Monterey St., kitty-corner to Sinsheimer's General Store — one of the oldest buildings in San Luis Obispo. The old Carnegie Library is now the San Luis Obispo County Historical Museum, and is open to the public Wednesday through Sunday, from 10 a.m. to 4 p.m.

The air-conditioned structure greets visitors with a reddish brown façade and light trimming. First opened in 1906, the building itself is about 103 years old, and its construction was a significant step in the development of the former railroad hub and oasis of San Luis Obispo.

A unique characteristic of the library is that raw materials from Bishop's Peak and Morro Rock were used in its construction, Kimberly Alfaro, executive director of the San Luis Obispo Historical Society, said. "The city had to provide the site, and the library would shortly be built," said Alfaro. "The original reference desk still remains in the library, and a research room is open to the public, downstairs, Wednesdays and Thursdays from 10 a.m. to 2 p.m. and on Fridays from 10 a.m. to 4 p.m."

The grant amount for this library was $160,000, according to the San Luis Obispo Historical Society. Many of the libraries received grants of around $10,000, with some receiving less, and some receiving significantly more. One sizable exception was the Eureka library, which received a grant of $20,000.

Carnegie would most likely agree to hind it, and the library would shortly be built.

The Carnegie Library, now the San Luis Obispo County Historical Museum, is located on the corner of Monterey and Pacific streets. The air-conditioned structure greets visitors with a reddish brown façade and light trimming. First opened in 1906, the building itself is about 103 years old, and its construction was a significant step in the development of the former railroad hub and oasis of San Luis Obispo.

A unique characteristic of the library is that raw materials from Bishop's Peak and Morro Rock were used in its construction, Kimberly Alfaro, executive director of the San Luis Obispo Historical Society, said. "The city had to provide the site, and the library would shortly be built," said Alfaro. "The original reference desk still remains in the library, and a research room is open to the public, downstairs, Wednesdays and Thursdays from 10 a.m. to 2 p.m. and on Fridays from 10 a.m. to 4 p.m."

The grant amount for this library was $160,000, according to the San Luis Obispo Historical Society. Many of the libraries received grants of around $10,000, with some receiving less, and some receiving significantly more. One sizable exception was the Eureka library, which received a grant of $20,000.

When a new library location was decided upon in the mid-twentieth century, it was decided that the old Carnegie Library would instead stand as a testament to the rich history of San Luis Obispo. The old library was officially re-opened in 1956 as a historic museum.

"For a period of about 16 years, there was at least one Carnegie library built per year in California," State Historian III of the California Office of Preservation Jay Correia said. "The city had to provide the site and promise to provide support for the library."

He also said that the Carnegie library grant program was "closely seen Library, page 8 tile of the day"

Crazy Jays

Huge selection of BOOTS!

767 Higuera
Downtown San Luis Obispo

Sears • Camis • Sunglasses • Dresses
Purses • Sandals • Jewelry • Taps • Jonn • Shoes

RICK SEDARTO MUSTANG DAILY

Humus: The (not so) new super food

This yummy Middle Eastern spread is generally made up of chickpeas, tahini (ground sesame seed paste), lemon juice and garlic, but much more can be added to enhance your hummus experience. With so many different flavors bursting at the seams, leave it to me to answer any lingering questions.

With a consistency as smooth as David Beckham and a taste as flavorful as pizza, hummus can come off as one shallow food. The truth about this tasty spread is that it's more than just a pretty face.

In fact, if you're taking in a 2,000-calorie diet, hummus "is packed with more than half of your recommended daily intake value of fiber and more than a third of your recommended protein. Although it does contain a decent amount of fat and calories, when compared to other condiments and spreads, it's more nutritionally dense and will satisfy you longer. Besides tasting great and having excellent health benefits, hummus can accommodate most people with special dietary requirements. For example, people who are gluten sensitive can eat most types of hummus (but not all). Vegetarians love hummus because it has just as much flavor as meat and gives them the protein and even the
Beginning Sunday, the San Luis Obispo Art Center will host a week-long series of events revolving around the concept of plein air art and celebrating the Central Coast's landscape.

The tradition of painting "en plein air" goes back to the days of Renoir and Monet, who both advocated this style of working outside and using the natural landscape as a color palette. Eight years ago, the technique began to regain popularity, and the Art Center picked up on it.

This year, the center has invited fifty award-winning and nationally recognized artists from all over the nation to capture our beautiful landscape. While some artists choose to see how they move the paint around the canvas, "en plein air" painters have sought this lifestyle, and they shine in it. "It gets me really energized," one artist to draw inspiration and create an original poem to be read in the San Luis Obispo Art Center, with the poets surrounded by the images that inspired them.

While this festival is primarily a fundraiser for the Art Center, it also serves to help local artists by building up interest in plein air painting. "It gets me really energized," the Art Center executive director Karen Kile said. "These artists have sought this lifestyle, and they shine in it."

While some artists choose to tune out the crowd with an iPod, others really enjoy discussing their works in progress. Bryan Mark Taylor is returning to the festival for the fifth time. "It gets me really energized," he said."It's kind of an exciting experience to have people participating, to get that dialogue going."

Kile also said that it is more about finding the right light to paint in than the actual scene. Some commonly visited areas are Montana de Oro, downtown architecture, beaches and vineyards.

Pamela Panattoni, another returning artist, gushed about the benefits of this particular Plein Air Festival. "I love coming to the festival in San Luis Obispo," she said. "It's beautiful everywhere you go, and unique — like the downtown architecture."

The Art Center will provide maps of popular local places where the artists can be found and observed. On Saturday Oct. 3, the artists will all assemble in the Mission Plaza to race to finish an original plein air painting in two hours. The paintings will then be sold right off the easel in a live auction.

"It gets me really energized," the Art Center executive director Karen Kile said. "These artists have sought this lifestyle, and they shine in it."

While some artists choose to tune out the crowd with an iPod, some really enjoy discussing their works in progress. Bryan Mark Taylor is returning to the festival for the fifth time. "It gets me really energized," he said. "It's kind of an exciting experience to have people participating, to get that dialogue going."

Kile also said that it is more about finding the right light to paint in than the actual scene. Some commonly visited areas are Montana de Oro, downtown architecture, beaches and vineyards.

Pamela Panattoni, another returning artist, gushed about the benefits of this particular Plein Air Festival. "I love coming to the festival in San Luis Obispo," she said. "It's beautiful everywhere you go, and unique — like the downtown architecture."

The Art Center will provide maps of popular local places where the artists can be found and observed. On Saturday Oct. 3, the artists will all assemble in the Mission Plaza to race to finish an original plein air painting in two hours. The paintings will then be sold right off the easel in a live auction.

This year, other forms of art will also be represented at the festival, including a plein air concert performed on the Art Center lawn with Café Musique, and a free plein air poetry reading.

Plein air poems, like plein air paintings, are created outdoors, inspired both by the scenic landscape and the paintings that depict it. This week, nine poets will each pair with one artist to draw inspiration and create an original poem to be read in the San Luis Obispo Art Center, with the poets surrounded by the images that inspired them.

While this festival is primarily a fundraiser for the Art Center, it also serves to help local artists by building up interest in plein air painting. "Local artists can even learn from the 50 artists involved in the festival by observing and picking up on tricks of the trade," Kile explained that when they decided to do the first festival, they were "looking for a meaningful, community-wide fundraiser with longevity that would mean a lot for the area."

Although most of the events are not free, several are, including the poetry reading on Thursday evening and Art After Dark on Friday evening. "We want Poly students and faculty to feel like they can come to anything," she said. "One freebie we're watching is the Quick Draw Paint Out on Saturday morning. It's fun to stick around and (to see what) the paintings sell for, too."
 tack in with Carnegie’s personal philosophy of self help... one of the things that drove Carnegie to give these grants.”

In California, Carreira said the grant application process “started with just a simple letter to Carnegie.” It soon became so popular that he had to hire a personal secretary just to handle all of the requests. In a National Register document from 1990, there were 85 public Carnegie libraries still in existence in California, and there have been very few losses since then.

The local Carnegie Library is one of two of its size built by famed Bay Area architect W.H. Weeks. The library is “noted for its beautiful use of natural and man-made stone,” Carreira said. Weeks built the San Luis Obispo library and its Nevada City twin in a Romanesque style.

Today, the museum hosts both permanent and traveling exhibits, showcasing some of the major developments in the city’s history, and some of the major players in the development of our charming town. The next major exhibit will be in April on wedding dresses from around the county that date from the late 1800s.

Hummus

continued from page 6

iron they miss out on. Hummus is also kosher, which works well for my fellow Jews and goes nicely with some falafel. It can even assist with constipation due to its high amounts of fiber. I am dubbing this the new best friend spread because it is so useful.

Whether I buy it or make it myself, I eat hummus on a regular basis. My favorite types are roasted red pepper and sun dried tomato hummus (which can even be found at Campus Market and other varieties at The Sandwich Factory and The Avenue).

Trader Joe makes an awesome hummus quartet pack and Petra serves up plenty of delicious hummus daily. Even Costco has come out with new portable hummus packs that you can take on the go. They taste great and they are reasonably priced.

When my creative juices start flowing, I turn to a simple recipe which can be found on the Web site www.buythebullet.com. It is called hallelujah hummus and it is a recipe that the as-seen-on-TV “Magic Bullet” blender can make. Even if you are like me and do not have this particular appliance, using a regular blender or food processor will work just fine.

This is a basic recipe for hummus and I encourage you to add your favorite herbs, spices, and juices to see what you can come up with. It can be heavy on the garlic so beware of that and if you do not have access to chicken or vegetable stock, adding more olive oil works fine.

Lightly toasted pita or naan bread is an excellent partner for your homemade or store bought hummus. Vegetables such as carrots and broccoli also taste great dipped in hummus and add to its nutritious nature.

All in all, hummus is a tasty, healthy and accommodating food that is loved by people and hated by other spreads. I eat it, my friends and family eat it and I suggest you eat it, too, if you do not already. With so many varieties and with so much nutritional value, I can’t help but ask one question: Have you had your hummus today?

Bethany Abelson is a food science senior and Mustang Daily food columnist.
This could be the most exceptional or disappointing political year in recent history. Because of health care reform, Americans have an opportunity to join the rest of the industrialized world in providing universal health care. But once again there's a chance that we might miss a defining moment.

Most politicians seem to agree that health care must be reformed. It's simply a matter of how. Some Democrats lean toward the public option, and I've heard some Republicans favoring tax incentives to help people pay for health insurance. However white-washed or successful the final bill turns out to be, it's a positive thing that health reform is being discussed.

Costs will only rise and, like it or not, our system is failing. A Harvard Medical School report released Sept. 17 declared that 45,000 people die each year because they don't have health care or can't get proper care. That's one person every 12 minutes, according to a Reuters article on the Harvard study. I think that's a call to action that knows no party lines.

Surprisingly, some conservatives are raising intelligent questions regarding health care reform—and they're as frustrated as I am by all of the lies spewing from the Republican party and FOX News. Gail Wilensky, who advised the McCain campaign and Bush 41 on health care, told the New York Times, "there's frustration because so much of the discussion is around issues like the death panels and Zeke Emanuel that I think are red herrings at best."

And there are other "red herrings"—causing frustration among intelligent conservatives and moderate liberals like myself, such as instituting free abortions or provisions for health care to immigrants. They're lies intended to confuse the American public and slander President Obama and the Democrats. In other words, Republicans are already campaigning for the 2010 elections.

John Goodman of the National Policy Analysis said in the Times article, "Part of the problem on the Republican side is an unwillingness to say, 'Let's find a right way to do this, and let's go ahead even if all the special interests don't like what we're doing.'"

Folk's in the relatively small forum that Goodman and Wilensky are part of are discussing questions like the proper size and role of government. It's a good place to start.

As a thinking liberal, I believe that our government should spend and collect tax dollars responsibly. There is wasteful spending in Medicare that can be cut, and doctors need to be paid by the number of patients they see, not how many tests they order. I also agree that creating government programs to solve problems sometimes presents more of them. Perhaps the wait for treatment or diagnosis will be longer, or the paperwork for doctors will increase. Or perhaps some insurance companies will be unable to lower costs and will then be forced out of business.

But if 45,000 people a year are dying because they don't have health insurance, the private sector is clearly not doing enough. One person dies every 12 minutes because we have relied on the private sector to perform for too long. And there are some crises that can only be improved by government intervention.

For example, many people have lost the market for the only job they've ever done; if the government didn't help them through difficult times, whether by unemployment checks or food stamps, there would likely be thousands of American families falling below poverty. Churches and non-profits don't have the resources or scope to care for this problem on their own—otherwise, there would be no problem. Likewise, if government did not intervene and help pay for several thousand of students to go to college, the cycle of poverty would be never-ending.

The essential idea is that there are situations for which American tax dollars must be collected and distributed to provide social services to underprivileged individuals in America. It's especially inexcusable for us to look at the other way when people are dying because we're uncomfortable with new ideas.

And it's indefensible to pretend we've healed a blood-gushing wound like rising health care costs by applying the band-aid of vouchers. The public option must be passed in order to provide the much-needed competition to drive down insurance prices. Yet it's not us in the political forum who cast the votes. It's the elected officials. And from what I've read, Sen. Olympia Snowe (R-Maine) may be the only Republican willing to consider the public option.

In the weeks ahead, health care will be hashed out, and while it's impossible to predict what the final product will look like, I hope that intelligent conservatives rally their politicians back into the mainstream and Democrats follow through on the promise for which they were elected: 45,000 people's lives depend on it.

Stephanie England is an English senior and Mustang Daily political columnist.
Giants grasp on hope slowly slipping away

Hurler Barry Zito hangs his head after surrendering a two-run home run in the Giants' loss to the Padres Sept. 9.

Andrew Baggarly
San Jose Mercury News

PHOENIX — After 151 games, the Giants finally have a balanced starting five, getting blasted for seven runs in 2 1/3 innings, as the Arizona Diamondbacks beat the Giants, 10-8, at Chase Field on Tuesday night.

Combined with Colorado's victory, the Giants trail the Rockies by four games for the NL wild card with five games for the NL wild card with five games remaining. The Giants are 9-11 in their past 20 games, and seven of their last 12 have been losses. The Giants' bullpen has a 13.26 ERA and have allowed 18 home runs in the past 20 games.

Manager Bruce Bochy wasn't sure, but only because instant replay was utilized to overrule Gerardo Parra's bottom of the inning.

For now, all McCluster can do is shrug his shoulders and hope for the best. "I can't prevent it," he said. "I've never seen anything like it. Though it would be tempting for him to think Ole Miss has gotten the flu bug out of the way, for the Giants, Skinner from the CDC says it's not uncommon for a second wave to hit the same community later in the season. For now, all McCluster can do is hope to use his shoulders and hope for the best. "You can't prevent it," he said. "I've never seen anything like it. There's nothing you can really do about it."

 Admission for all Cal Poly Athletic Events is FREE for Cal Poly Students.

Left to right: Anicia Smith, Dominique Obiowelde, Kristina Condon-Sherwood, Cattina Vogege.

VOLLEYBALL

FRIDAY, SEPT. 25TH
VS UC IRVINE, 7:00PM

SATURDAY, SEPT. 26TH
VS UC RIVERSIDE 7:00PM

ALL GAMES IN MOTT GYM

WE ARE THE MUSTANGS
College football fumbling for answers to frustrating flu

David Fox

Mississippi running back Dexter McCluster looked like the textbook definition of good health when he contributed two touchdowns and 115 all-purpose yards to the Rebels’ win over Memphis on Sept. 6.

The next day, he went in for treatment on his shoulder but also because he felt weak and tired. He had a 104-degree fever and classic flu symptoms. By the second night, McCluster was throwing up blood and spent the night in a hospital.

"I would never wish that on anybody," McCluster said.

The Rebel had a week off, and McCluster returned for the Rebels’ next game, this past Saturday, against Southeastern Louisiana. He’ll be back at full strength Thursday against South Carolina.

His case is an example of how quickly the flu can hit. McCluster knows enough about the flu to know how he ended up in a hospital bed. He said he rushed to the hospital because he was sick the first day.

Actually, Lucas is one of several Ole Miss players who could have spread the flu to McCluster. More than a dozen Rebels players reported flu-like symptoms after the Memphis game.

One of those players was Dexter McCluster.

No wonder Peterson can’t forget. He has rushed for more than 150 yards six times in his brief career, including games of 224 yards and 296 yards his rookie season in 2007.

On Dec. 9 of that year, however, the 49ers held him to three yards on 14 carries, a 0.2-yard average — by far his worst game as a professional. Peterson first blamed himself for being impatient that day but also gave praise to the 49ers’ defense.

"I felt like I was getting attacked by bees in that game," he said.

Indeed, a swarming defense was the theme of the day when the 49ers were asked how to stop Peterson.

"I remember the stalemate," he said. "I don’t think anyone really dealt with that one.

"So what do they want their defenses to play like?"

Injuries — both Peterson (back) and his San Francisco counterpart, Frank Gore (ankle), were limited in practice Wednesday. Both are expected to play Sunday. Gore ranks third in the NFL in rushing, trailing Peterson by 35 yards.

Defensive end Justin Smith was held out of practice, but it’s not because of an injury. The 49ers want to give him as much rest as possible during the week.

"I watch these guys play on Sunday," he said. "They do what coaches want their defenses to play like."